Pure Rice Test: What It Is and How It Works

Everything you need to know before you take it

Focus keyword: pure rice test | Related: rice purity test, purity score, life experience quiz

Pure Rice Test →

“Pure rice test” is one of the most common ways people search for the Rice Purity Test — the 100-question checklist that scores life experience on a scale from 0 to 100. Whether you typed “pure rice test,” “rice purity test,” or even “rice test purity,” you're looking for the same thing: a quick, well-known quiz that measures how many common life experiences you've had.

What Is the Pure Rice Test?

The pure rice test is a self-reported quiz made up of 100 statements covering social, romantic, personal, and lifestyle experiences. For each item, you simply mark whether it applies to you. At the end, your total is converted into a single score between 0 and 100.

The test originated at Rice University in Houston, Texas, where it was used as an orientation icebreaker for incoming students. Over time it spread to other campuses and eventually moved online, where it became one of the most widely shared quizzes of its kind.

How the Score Works

The scoring system behind the pure rice test is simple and consistent:

- **Start at 100** — everyone begins with a perfect score
- **Each “yes” subtracts a point** — every experience you check off lowers your score by one
- **Lower score = more experiences** — a 40 means more boxes checked than a 90
- **Higher score = fewer experiences** — a 95 means very few items applied to you

All 100 questions carry equal weight, so the number reflects breadth of experience, not depth or significance — one intense experience counts the same as one mild one.

Pure Rice Test Score Ranges

Score Range	What It Suggests	Most Common In
90–100	Very few checked experiences	Under 18 / early teens
70–89	An average, typical spread	High school & early college

50–69	Broader social experience	College years & mid-20s
0–49	Wide-ranging life experience	Late 20s & beyond

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What the Score Doesn't Tell You

It's easy to read too much into a number, so it helps to be clear about what the pure rice test does not measure:

- It doesn't measure morality, character, or intelligence
- It doesn't predict personality traits or relationship success
- It isn't a clinical or psychologically validated instrument
- It can't be meaningfully compared across people of very different ages or backgrounds

The test works best as a fun, low-stakes way to reflect on your own life experiences and compare notes with friends — not as a serious self-assessment tool.

Why the Pure Rice Test Is So Popular

- **Quick to take** — most people finish in just a couple of minutes
- **Easy to share** — a single number is simple to post and compare with friends
- **Nostalgic value** — many people retake it years later to see how their score has changed
- **Viral on social media** — widely shared on TikTok and Instagram, especially among students

Frequently Asked Questions

Is the pure rice test the same as the rice purity test?

Yes. “Pure rice test” is simply a common way people search for or refer to the Rice Purity Test — same 100-question quiz, same 0–100 scoring scale.

What's a good score on the pure rice test?

There's no objectively good or bad score. Age, environment, and personal circumstances all affect where someone lands, so scores are best understood as a reflection of life stage, not a grade.

How long does the test take?

Most people complete the 100 questions in about two to three minutes.

Can my score change if I retake the test later?

Yes. As you have more of the listed experiences over time, your score will naturally decrease if you retake the test.

Is the pure rice test accurate?

It isn't scientifically validated — it's a self-reported checklist built for entertainment and self-reflection, not a diagnostic tool.

Ready to see your own score? Take the free test below and find out where you land.

Pure Rice Test →

This article is provided for informational and entertainment purposes. The pure rice test / Rice Purity Test is a social activity, not a scientific or psychological assessment.